



UNITED STATES ARMY ALASKA



COLD WEATHER INJURIES

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SAFETY BULLETIN

1. US Army Alaska experienced 6 Cold Weather Injuries (CWI) since 25 October 2012. Commanders are responsible for preventing CWI. NCOs are accountable for the health and safety of Soldiers. Soldiers are responsible for implementing personal protective measures.

2. Commanders and NCOs Will:

- ✓ Ensure all Soldiers are issued ECWCS (Gen III).
- ✓ Ensure all Soldiers are trained in proper wear of ECWCS.
- ✓ Ensure all Soldiers' ECWCS is clean, dry and in good condition.
- ✓ Ensure Soldiers consume adequate food and maintain hydration.
- ✓ Ensure Soldiers' deployment kits contain enough socks, proper headgear and gloves.
- ✓ Ensure clothing is loose and layered.
- ✓ Ensure all exposed skin is covered during cold weather operations.
- ✓ Ensure Soldiers are trained in recognizing and preventing CWI.
- ✓ Ensure Soldiers use the buddy system and complete checks for CWI.
- ✓ Ensure each Soldier remains alert for changes in his/her buddy's physical and mental status – early symptoms of CWI.
- ✓ Ensure medical personnel recognize and respond quickly to CWI.

3. For further information reference ALARACT 309/2012 Cold Weather Injury Prevention For 2012-2013 Cold Weather Season from FRAGO 208 to USARAK OPORD 09-009.



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